

Varsity sports kicks into action
Condors' men's and women's soccer and men's rugby all in OCAA league play this week.

Sports 18, 19

Tuesday, October 10, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

37th Year — No. 17

SPKE

A learning newsroom for journalism students



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(Photo by Eric Murphy)

Taking a kick out of the competition

Condor Rich Parsons defends his net in soccer action versus the Humber Hawks on Sept. 26. The Condors took a tough 1-0 loss. For more varsity action see Pages 18 and 19.

Memorial donor clinic therapeutic for Walkers

By JESSICA BLUMENTHAL

A second blood donor clinic was held at Conestoga Residence and Conference Centre in memory of a first-year woodworking student.

William Walker was remembered by all who walked into the basement of the residence Sept. 26.

A smiling picture of Walker was propped on the registration desk.

Walker died from an epileptic seizure while in his sleep January 2006.

"It was Will's dream to donate if he ever overcame epilepsy," said William's parents, Anne and Richard Walker.

Both of his parents' give platelet donations once a week. They have made 11,000 donations combined.

The Walkers were at the clinic so they could see all the people volunteering their time.

"We're so proud of everyone vol-

unteering and are amazed the way the Conestoga community has reached out for Will."

It's nice to talk to members of the community who want to help, said Anne.

"The volunteers help to open a lot of doors towards empathetic changes in the community," she said.

The Walkers found the clinic very therapeutic when dealing with William's death and it has allowed them to see a positive angle in a negative situation.

Melissa Leu, who was at the drive and is a donor for life, agrees donating is therapeutic and rewarding.

"It's something everyone should be doing since you never know when you're going to need it," she said.

Leu started donating blood in high school to get out of a math test and has given blood 16 more times.

"There should be more memorial clinics, they're a great idea," said Leu, who finds out where clinics are by checking www.bloodservices.ca.

Rene Brousseau, who has taken welding and millwrighting courses at Conestoga, came to the clinic with Leu.

Brousseau, a first-time donor, said donating blood wasn't as bad as he thought.

"There is a lack of education about blood clinics and donation," he said. "The government should make it mandatory that everyone who can donate, does. It would solve many problems."

This drive had more than 30 donors. The last clinic was held in April and had 24 donors.

The Walker family gave out two \$100 gift certificates for a draw to students who donated.

Contest winners move onto regionals

By JENN SPRACH

The three winners of a computer programming contest held on Sept. 30 at Conestoga College will be moving on to the regional contest at Sheridan College in Oakville.

Dalibor Dvorski, a second-year computer programmer/analyst student, took first place.

Hongsun (Sunny) Jang, a third-year computer programmer/analyst student, took second place and Matt Skelton, a second-year student, came in third.

The three winners received Conestoga College mugs and T-shirts.

Omar Samad, a third-year student in the program, came in fourth place.

He also received a T-shirt because he is the alternate for the competition.

The students will now be working as a team at the regional competition at Sheridan College on Nov. 10.

They are planning to wear their new T-shirts at the ACM east central North America regional programming competition where they will compete against other colleges and universities in the area.

Dvorski said the questions were very difficult and even though he won he hopes to do much better next year.

"I'll have to work hard with the top three to prepare for the regional competition," said Dvorski. "We work as a team."

When asked to rate the level of



(Photo by Jenn Sprach)

The top four winners of the computer programming contest were, from left, Omar Samad, Dalibor Dvorski, Hongsun Jang and Matt Skelton.

difficulty of the questions between one and five, Jang responded "five, actually, five plus plus."

Jang is nervous about moving on to the regional competition but hopes he can contribute to his team.

Meyer Tanuan, of the School of Engineering and Information Technology, who runs the competition, said he is happy with the turnout this year.

Last year the competition was cancelled because nobody signed up.

A minimum of three people need to sign up for the contest to run, said Tanuan. This year five students competed in the contest.

It is open to any full-time Conestoga College student who knows how to use C, C++ or Java.

Anyone interested in more information about computer programming activities can contact Tanuan at mtanuan@conestogac.on.ca.



(Photo by Jessica Blumenthal)

Melissa Leu donates blood at a blood donor clinic held at the Conestoga residence in memory of woodworking student William Walker.

Now deep thoughts...with Conestoga College

Random questions answered by random students

What would you do with
a thousand pounds of
jelly beans?



"Drop them out of an airplane."

*Jeff Aellar,
first-year electrical
engineering*



"I'd eat them ... not all at once though."

*Courtney Schwering,
first-year early childhood
education*



"I would build a fortress and live in it."

*Josh West,
first-year software
engineering*



"I'd give them out for Halloween. I'd never eat them."

*Tracy Phan,
first-year construction
engineering/architecture*



"Put them in a swimming pool and swim in them."

*Chris Bower,
second-year computer
engineering*



"Melt them into goo and make them into wafers."

*Matt Skelton,
second-year computer
programmer/analyst*

Smile Conestoga, you could be our next respondent!

Contributions come from far and wide

By VANESSA BUTLER

Alumni of Conestoga are grateful for their education, and like to give back in some way.

"Conestoga College has been the No. 1-rated college for eight years in a row now," said Ingrid Town, executive director for development and alumni relations. "I want to make sure it stays that way."

While you are taking a leisurely stroll through one of the congested halls of Conestoga, you may stumble upon a plaque or two hanging on a wall. Next time, read where it came from. It usually features the name of someone or a company that has made a contribution to the school, financial or otherwise.

Town, who works closely with both donors and investors, said she sees first-hand the need and urgency for the continuing support from these vital contributors. Town said some of the same donors whom she deals with today were once students of Conestoga, who want to give back to the college. Often she will have the alumni of Conestoga come back and want to make a donation, to help out in some way.

Town said fundraising for college is much different than fundraising for another cause such as a larger institution like a university.

"I see first-hand the real need for the money all the time around here," said Town. "The college is constantly in need of better facilities such as more up-to-date equipment in order to keep up with technology."

Town can't stress enough how important donors are to the college. She said a number of significant

buildings around campus have been sponsored by donors from the community. The ATS building was sponsored by a number of engineering firms. It is from this same ATS building that those firms find employees. Those employers know what skills and knowledge the students have acquired after completing their programs, whether they are an engineering expert, a skilled tradesperson or a machinist of some sort.

"I see first-hand the real need for the money all the time around here."

*Ingrid Town,
executive director
for development and
alumni relations*

Another example is Toyota sponsoring three classrooms in the ATS building. Toyota will then come back to the college and hire those students who have learned the skills necessary to be employed by the car manufacturer.

Town said another reason someone might want to make a contribution to the college is for a personal reason. "Someone might give money to the college to remember a loved one, someone who has passed away," said Town. "The money they donate would go to helping a student who otherwise couldn't afford to attend college."

Town said the college wants to attract the best and the brightest students. "Just because they are gifted, doesn't mean that they have

money to attend post-secondary education," said Town. "If we have bursaries and scholarships to attract those students, then everyone wins."

She said a main objective for finding donors is to attract those people who want to give money, who want to make a difference and who want to contribute to the future.

The alumni of Conestoga love to give back to the community, one alumnus in particular. Peter Benniger who runs Coldwell Banker Realty Limited, remembers his days at Conestoga. "Conestoga is a real leader in the community," said Benniger. "I see it as an economic engine that fuels our everyday economy, which we see the results of in our own industries."

Benniger said he has to thank Conestoga for its well-trained community, adding he has hired Conestoga-trained students.

Sponsorship is something that Benniger is very passionate about.

"Sponsorship is something that is extremely vital to the college," he said. "The college needs all the funding they can get in order to create a better college that serves the needs of the community better."

He said the college needs the support of businesses and the communities, and that it is important for certain sectors to contribute.

"Therefore, the college and the community can see a direct benefit from those sponsors," said Benniger. He said he sees Conestoga as being very forward thinking, a visionary that is very proactive in ensuring the success of tomorrow.

Students get on-the-job training

By ANNELISE THOMPSON

Students in Conestoga College's office administration executive program have the unique experience of being the only students in the province who, in addition to their diploma, also receive two full years of on-the-job experience.

Jessie Houston, a second-year office administration executive student, said, "This program makes our college unique, because we are the only school that offers a course like this; now we actually get two years of on-the-job training and knowledge."

Laura Wilson, also a second-year office administration executive student, added, "This is a wonderful thing for students to put on a resume because they actually have the work skills and are actually out doing things, where before they just had training and no real experience other than the three-week placement at the end."

The way the program works is that any professor in the school who feels that they would like a student to work for them can give their name to one of the office administration executive professors and they can possibly set up a stu-

dent to work for them, said Houston.

Wilson said first-year students are basically the staff and they work two hours every week on various projects for different clients, who are different professors in the school.

"One student chooses a professor to work for, and that's their boss," she said. "Anything the professor asks the student to do, be it photocopying, laminating or typing up a document for their class, the student is required to do that."

While the first-year students are busy working for the different professors around the college, it's the responsibility of the second-year students to manage them and make sure they stay on task.

"We work for one hour a week, as well as run the office, run the meetings that take place with staff each day, make sure the students are doing what they need to, work with some of the clients and make sure the student is meeting the needs of the client," said Houston.

Each second-year student is also required to make up a logo and slogan, and the winning one is used for the program each year.

Jessica Read was this year's winner with her slogan, Office Admin Skills Lab; connecting students with professionals.

Sylvia Holmes, a professor in the office administration executive program, said the biggest challenge is finding enough professors so that each of the program's 90 students has someone to work for during their two hours a week.

"Last year we did not assign professors to students, we made the first years go out and find their own, but they had trouble finding enough professors," she said. "This year we adopted a new system called 'adopt a prof' to try and eliminate that problem."

The success of this program depends on the initiative and dedication of the second-year students, which Holmes says is why it is so successful.

"The students work extremely hard in a variety of committees to ensure that the program runs smoothly and will be successful. This initiative and responsibility they show will take them very far, not only in the classroom, but in the business world," she said. "They really do, do it all."

High school health program a win-win

By CHRISTOPHER MILLS

Huron Heights Secondary School could not have picked a more appropriate time to introduce their new Health Sector Pathways Program.

With growing shortages in health-care workers throughout the City of Kitchener and the province, the local high school will look to reverse the trend by offering its students a series of courses throughout their high school years to better prepare them for post-secondary institutions and careers in the health sector.

Kim Kennedy, head of guidance at Huron Heights Secondary School, said the shortage was one of the primary motivations behind the new program.

"It came out of the real need, especially in our region; the shortage of health-care workers in all areas."

Kennedy, who worked as a guidance counsellor at Cameron Heights Collegiate Institute in Kitchener prior to working at Huron Heights, said the school's principal, Dave Carter, has a background in science that will allow him to work from an area of comfort and use his knowledge to increase awareness among students in the program.

"The awareness is really what we're looking at," said Kennedy. "Some people get into it blindly and we hear that again and again, students coming back, saying 'Oh,

I dropped out, it's the wrong program,' so our main goal with it, I believe, is the awareness piece."

Kennedy also said it is important for students to have a good idea of the options available to them.

"There's so much more than just doctor, nurse, porter; there are a million different careers and we really want them to be aware."

The health program is the first and only one of its kind in Waterloo (Region), so faculty from the school visited different schools in other cities to observe their programs.

"We visited different programs in different areas, in Hamilton, Brampton and Brantford, to take a look at what programs they offer," said Cynthia Shepherd, a guidance counsellor and the student success teacher at Huron Heights.

Shepherd said the school has also had meetings with different community partners who are excited about the program.

"We had the Waterloo-Wellington Local Health Integration Network, that looks at the needs in the area, as well as determines the needs and the funds that should be distributed for health care," she said. "They helped support us and co-hosted a meeting where we pulled together different partners to talk about the program and get input from them as to what they'd like to see in the program."

The school has received interest from a number of community organizations looking to get

involved with the program, including St. Mary's Hospital and Conestoga College.

Paul Osborne, director of marketing at Conestoga College, attended one of the meetings and thinks the concept of a high school health program is definitely interesting from a college perspective.

"High school students can have a health major, and we obviously have a very large school of health sciences," he said. "It would be great to have a major feeder school in our own backyard, and on our bus route, because that would better prepare students for what we have to offer. Everyone wins."

Shepherd said, "Conestoga was just really excited about us being able to say to them 'what do you need in a high school grad?'"

The specialized courses that students will need to take as part of the program will not be offered until next September, as the school goes through some test classes and scenarios to make sure the program runs smoothly. The hope is for those courses to be taught by professionals from the field.

"The person who would actually be teaching the health-care and medical technologies courses, we're going to be hiring someone who's presently, hopefully, in a health-care profession ... for example, a registered nurse with a teaching certificate," Shepherd said.

The intention is for students to begin the program in Grade 9, as

soon as they enter high school, but they would not be set back if they decided later that it was not a program they were interested in.

Some of the courses the students will take are counted as electives, such as medical technologies courses and health-care courses. Others, like math and the sciences, are core courses with some added focus on health-care applications.

"The way we look at it is even if a student goes partway through the program and decides this isn't exactly for them, it's helped them in two ways," Shepherd said. "One, it's (prevented) them from going into a career they wouldn't enjoy, and secondly, as one of our goals for the school, one of our seven characteristics that we want our graduates to have is ... personal health and fitness. We feel that at least by being exposed to this, they'll see the importance and the value of being physically fit."

Students will also have access to the health sciences lab that was built into the school's plans, both literally and figuratively. The lab features two hospital beds; a handicap accessible washroom, with all the necessary equipment to help patients shower and use the facilities; and a medical practice dummy that the staff have affectionately dubbed "Patient Kelly."

The school's health sciences wing also features laboratory and medical equipment and a classroom and seminar room where stu-

dents can hear guest speakers and learn the theoretical aspects of the program.

The school currently has 500 Grade 9 and 10 students, with a new grade being added each year for the next two years until the school is at full capacity, with grades from 9 to 12.

Kennedy and Shepherd said they expect a lot of interest from their students and they also hope to offer a limited number of spaces in the program to outside students.

The staff is excited about such a possibility because it would allow them to become a model for other schools that decide to develop similar programs in the future.

"The groundwork would be done, and basically they could adopt and change it to what they needed," Kennedy said.

Shepherd said the school is also getting input from the community – the college and universities – as to what they would like to see offered and using that to develop their courses.

Osborne thinks such discussions allow the college to set goals and help arrange the high school learning in accordance with what the college is offering.

"In the future, I can see the high school working closer with the college to allow students to focus on an area we're active in. This will allow them to really get a taste of the field in terms of the future and where they want to go," he said.

the learning commons

Peer Services Learning Skills Service Writing Services

The sources of stress for students are innumerable including family, income, commuting, work and school obligations. One of the reasons that stress debilitates is because it weakens the body's immune system, leaving us more vulnerable to infections and colds. While we cannot eliminate all stress from our life, we can take steps to minimize its effect. Try using the calming effects of music to relieve stress during busy periods in your life.

1. Take a daily 10-15 minute "sound bath" by listening to music that has been deliberately composed and performed to be relaxing.
2. Take yourself to a quiet place where you can relax and just concentrate on listening to the music. Relaxation is vital to creating the ideal conditions of receptivity and ease of gaining new information. It is central to the process of rapid and effective learning because it removes stress and regulates the breathing. This makes information assimilation easier and recall longer lasting. So, close your office, bedroom or study place door, turn off the TV, and find a comfortable position in which to sit.
3. As you listen, become aware of your breathing, of the regular rising and falling of your abdomen with each inhale and exhale. Follow this rhythm for a few minutes.
4. Experiment with other widely available stress reduction or relaxation tapes. Most New Age music combines music with natural sounds; such as waterfalls. Or, just find some music that you like.

Or, consider these ideas:

1. Attend an outdoor concert or music festival.
2. Take along your favourite music and your headphones next time you jog or use public transit.
3. Play soothing music in your car while commuting.
4. Attend a noon-hour concert during your work week.

Researchers have long been studying the stimulating and sedative effects of music and research has shown that music can play a role in reducing agitation, enhancing sleep, relieving pain and lowering heart rates and blood pressure. Whether you need calming or excitement now is a good time to pursue the positive effects of music in your life.



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Student wins gift card

By BRANDON WALKER

A first-year broadcasting student was presented with a \$250 gift card for the bookstore on behalf of Conestoga Students Inc. (CSI) and the college for winning the Scavenger Hunt, held during Orientation.

Alex Vieira said he'd probably spend the money on clothes. "I've already bought my books for first semester and I don't need any for the rest of the year."

Students had to go from booth to booth during the Scavenger Hunt, answering questions related to being a college student. Vieira got all 16 of the questions correct.

"They weren't hard questions," said CSI vice-president Roxy Stanciu. She said Vieira beat out about 50 students to win the gift card.



(Photo by Brandon Walker)

Alex Vieira reacts in mock surprise as CSI VP Roxy Stanciu presents him with a \$250 gift card for the bookstore. Vieira won the scavenger hunt during Orientation.

Vieira wanted to thank CSI and the college for the money. Stanciu said CSI donated \$200 and the college donated \$50.

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Students responsible for their actions at CSI events

There aren't too many restrictions when it comes to attending events organized by Conestoga Students Inc. (CSI), especially if you happen to be a student currently enrolled at the college.

Students have the luxury of going to a variety of CSI events ranging in diversity from the Toga Party to the Polar Plunge. They can even sign up to a total of three friends, over the age of 16, who aren't members of the college.

CSI has always accommodated students over the years and, provided there are no capacity or behavioural issues, then all students are encouraged to participate. But, with this accommodation comes a responsibility on the part of the students to make sure they conduct themselves properly.

And while there is no denying the majority of students who take part in on-campus activities and events are there for the right reasons, it only takes one careless incident to ruin the whole event. The most recent example came at this year's Toga Party, held on Sept. 21, when a paid-duty police officer broke his knuckle during the arrest of a 20-year-old man. The incident was reported in the local newspaper, publicity the college doesn't need.

Episodes like these are impossible to prevent and occur frequently at many bars and clubs, but what makes them so unacceptable when they happen at a CSI event is the potential ramifications that are created. A fight at any social establishment won't, under normal circumstances, result in the closing of that place of business, however, CSI is under no obligation to continue the tradition of holding their activities.

The possible consequences are also especially pertinent this year because of the construction of the new Student Life Centre, which will offer a first-rate venue for a large number of future events. It would be unfortunate if the new bar/bistro, being built in the student centre couldn't get a liquor licence. Since a percentage of every tuition payment for this year goes toward the creation of the student centre, it is imperative for students to enjoy and be able to take part in all of the benefits it will offer.

Despite there being no foolproof solution for eliminating the chances of fighting or underage drinking, students can do their part by not signing in friends whose attendance is more likely to cause a problem. CSI could also hold students accountable for who they sign in and if a student does something that merits being arrested, then maybe those students should lose their right to take part in these events.

This may sound a little drastic as well as difficult to uphold, but there are far too many benefits to be gained through participating in CSI events to risk losing them because of the stupid and irresponsible actions committed by one student out of 100, or in the case of the Toga Party, one out of 350.

Students can do their part by not signing in friends whose attendance is more likely to cause a problem.



With the genocide going on in Darfur and millions around the world dying, war is definitely not sexy.

Is war sexy?



Kristin Grifferty

Opinion

There are many things that one can refer to as sexy. A woman in a form-fitting dress, a man working outside in the yard, or even a passionate scene from a movie. All of these are often considered sexy by today's society. But when a Canadian Liberal senator says Canada is not sending troops to Africa because, "We're dealing with black African peasants. I don't think it's sexy and they don't want to go," the term sexy is used in a whole new context.

Is anyone else shocked at these words from someone from our own Canadian government?

In his defence, Sen. Peter Stollery is referring to a comment made to the chief of the defence staff who claimed that Canadian troops were "tapped out," and that the government was unable to send troops to Africa.

Personally, as a Canadian citizen and a compassionate human being, the only way to help a country is by sending the aid right to the source.

In Darfur, at least 400,000 people have been killed and more than two million citizens have been forced to flee from their homes because of government-backed militia groups.

This is a problem.

The Canadian government, in the past, has done its best to help reduce the world's poverty and assist in crises.

But it is not enough. Often it is the minimum, just enough so that the government can say that Canada has done its part. What it really does is gives them the opportunity to sit back on the fence and observe what destruction is really going on from a safe distance.

According to an article in the

Toronto Star on Sept. 30, there are currently 62,000 Canadian troops available.

Now, I am by no means an expert on military technique or what it takes to deploy troops into conflict. However, 62,000 military personnel seems like a good place to start.

And why do we have to stop there?

Money, food and other forms of aid could be easily dispensed into wartorn regions to help those who are in need.

Perhaps you have never heard of the crisis that is occurring in Darfur, or the hundreds of thousands of lives it has taken. But some of us have, including our government.

Are these facts something that Stephen Harper and his Conservative team can ignore?

I can assure you that even Harper has his own personal list of what is and isn't sexy. I can only hope, that as our Prime Minister, war is not on that list.

Spoke

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Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

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Letters should be no longer than 500 words.

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If life only had an undo button

The undo button is an amazing feature designed for computer users to take back the wrong move, delete or cut while working.

It allows you to make as many mistakes as you'd like during the process, but keeps the end result flawless. It hides all the wrongs, the slips and those wish-you-didn'ts.

What if life had an undo button? What if you could undo all the wrong things you did in any area?

I wish I hadn't dated him for two years, hadn't taken that job, cheated on my boyfriend, cheated on that test, gone to that party or drove drunk. A simple undo button and it would all be gone. No evidence of any mistake, no regret and no skeleton to hide in the closet.

Wouldn't it make the world a simpler place if every wrong decision or action we made could be erased without ever coming back to haunt us?

Wouldn't people sleep easier, knowing that no one would have to get hurt in a bad relationship if one partner hit undo and life went on as if nothing occurred?

People always say that if we didn't make mistakes we'd never learn. Unfortunately, we have to make the mistake, sometimes one that causes heartache, regret or loss to learn the lesson.

Is it wrong to want to undo the wrong turns we've made? Is it wrong to want to start over on a clean slate? Is it wrong to want to pretend nothing bad ever happened?

When we're children we solve our own problems by hiding in the closet, covering our eyes or running away. We make the problem go away.

Becoming an adult, even with



Tiffany McCormick

Opinion

our years' of experience, doesn't mean we don't make mistakes. In all honesty, adulthood seems to bring more avenues for mistakes to be made and we just can't hide in the closet when they arise. We have to face them.

But what if we don't want to? What if we want to run away and hide? What if we want to take back what we said or did?

Why can't we have an undo button?

The same people as mentioned above also say that if we were to change our life's path and did things differently then we probably wouldn't be who we are today as the things that made us who we are wouldn't have occurred.

How different would we be though? Would we be better or worse than we are now? Would the events we want to undo create a better life, or result in dire consequences?

Would you use life's undo button? Would you undo all the wrongs, the mistakes and the wish-you-hadn'ts, yet be willing to give up any good that came from those same mistakes or wrongs?

Should we be allowed to undo what we choose? Or should we have to deal with our choices and the end result whether we want to or not?

In work, relationships and life in general, do you ever wish there was an undo button?

— Summer McPhee

I have a unique perspective on being a blond, a brunette and a redhead



Summer McPhee

Opinion

The way people perceive, and as a result treat, both blonds and brunettes, whether serious or through jokes, is an ongoing issue. After having the privilege of being both, I believe I have more insight into this debate.

I'm going to start by telling you that I naturally have red hair, but let's keep that one a secret between me and you.

After consistently highlighting my hair blond over the past eight years, I went from strawberry blond to finally achieving the beach blond colour that I always wanted. I figured the more blond I had in my hair the more fun I would have, isn't that the saying?

So we've heard all these jokes, but when we actually take a look at some very intelligent women we find, some of them are blonds.

Eventually I wanted to obtain the Marilyn Monroe bleach blond

sex goddess look, but with too many blond jokes already coming my way I decided to not go so light. The lighter the dumber right?

What do you do if a blond throws a pin at you?

Run, she's got a grenade in her mouth!

So we've all heard these jokes, but when we actually take a look at some very intelligent women, we find some of them are blonds. They include Lisa Kudrow from Friends, who has a degree in biology from Vassar University, an extremely prestigious institution in the United States, to Kim Campbell our very own first female prime minister.

Of course, I'd like to think of myself as a fairly intelligent individual

but I mean I do attend Conestoga College which has been rated number 1, eight years in a row. Oh wait, it's been so long I almost forgot I am a redhead, so I guess that's not a very good argument.

I may have used the "what do you expect, I'm blond" response after saying something embarrassingly stupid, but unfortunately, I'm unable to use that ridiculous excuse anymore.

I've found that men naturally perceived me as being ditzy as a blond, but had no problem helping me carry out my groceries.

After much consideration and without the support of my mom and my super-cute blond best friend, I courageously went from light blond to dark brown.

I immediately got compliments on my dark blue eyes which apparently stood out once I dyed my



Leanne Mountford

Opinion

sample of my blood?

I finished filling out the questionnaire and I was informed that my blood could not be

One of the questions on the paper was do you have AIDS. Just out of curiosity, shouldn't they have asked me that before they pricked my finger and taken a sample of my blood?

accepted.

Apparently, I am not allowed to donate blood in Canada because I lived in England between 1987 to 1992 when Bovine Spongiform Encephalopathy (BSE), more commonly known as mad cow disease, made headline news around the world. According to Health Canada, mad cow disease is a degenerative disease of the central nervous system found in cattle. It is linked to a rare, fatal disease in humans called variant Creutzfeldt-Jakob disease.

The human form of the disease

can take many years to show itself, so as a precaution, the health authorities in Canada will not allow people who have lived in Britain for five years since 1980 to give blood. As a result, I will never be allowed to give blood in Canada.

A CBC Aug. 24 news report said on their website there have been five cases of mad cow disease in Canada discovered since 2006 and eight cases since 2003, so the possibility exists for Canadians to have eaten tainted beef.

Another question you have to answer before you can give blood is: have you spent a total of three months or more in the United Kingdom (England, Northern Ireland, Scotland, Wales, the Isle of Man or the Channel Islands) from Jan. 1, 1980 through Dec. 31, 1996? What if you lived in the UK for one or two months? It is possible that someone could have eaten tainted beef within a shorter period of time than three months and they are still able to give blood in Canada.

The facts are that many Canadians and other nationalities who are allowed to donate blood may have eaten tainted beef and could eventually become victims of mad cow disease. Yet, most Canadian will still be able to give blood in Canada, and I won't. My blood will, of course, be accepted in Britain. It seems to me that if it's good enough for the British, then it should be good enough for Canadians.

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Commentary

The debate that's up in smoke.

I was surprised to hear the responses from a few of my co-workers at Sam's Club on the issue of marijuana, and whether it should be legalized.

They were of different ages, some in their late teens, others in their early 20s and some in their 50s.

Almost all agreed that it should be decriminalized in some form. Some said it should be allowed in certain venues, "like it is in Amsterdam."

In that popular tourist destination, people are allowed to smoke marijuana in certain pubs and restaurants. Another person said it should be legalized for those who



Alex
McNamee

Opinion

need it, such as for people who suffer from chronic diseases and use the drug to ease pain.

One person though had the opposite opinion, saying it shouldn't be legalized because "it'll take the fun out of smoking it."

There was also one response from a person who said it should be totally legal because all the minor

charges for marijuana are tying up the legal system.

My opinion on the subject has always been that it should be legalized. Like one of my co-workers said, the number of cases where people get charged for having one or two grams on them is ridiculous.

All they end up getting is a fine in most cases, meanwhile more important charges like murder or armed robbery take years to process because of these little petty cases.

The drug itself has been called a gateway drug to other harder substances, but I've always thought that was false.

I've known a few people who've used marijuana for many years and

they have yet to try cocaine, heroin, crystal meth and so on.

I think it's always been dependent on the user. People are using it just to escape their problems, they look to whatever will take them away from the real world.

Most people I know who use pot are using it like alcohol. They have a joint or two at a party, just like they would have a beer or two.

Another issue is the damage marijuana does to the brain. It is true that marijuana kills brain cells, but alcohol does too, and yet that is sold by the government. Cigarettes do way more damage than marijuana, yet that is also sold by the government.

Could Chris Rock's theory be true? Is the reason weed isn't legal in the United States or Canada because the best weed isn't made in either country?

It may sound like a conspiracy theory, but you never know in this wacky world.

And if that is the real reason why marijuana is illegal, why not legalize it and start trading with Mexico?

We have a free trade agreement with them, and I'm sure we could send something in return that the Mexicans need.

But then again, maybe being the "world's biggest drug dealer," isn't an image Canada needs.

Afghanistan war is a lost cause

By ROSS ALDWORTH

I can't help but wonder why Canadian troops are still fighting and dying in Afghanistan. Yes, the oppressive Taliban regime was overthrown, it looked like we might catch Osama Bin Laden for a while, and in the days after 9/11 it was political suicide to not support America and strike back against the terrorists.

But now, five years later, the Taliban is making a comeback, Bin Laden is still at large and the war in Afghanistan has been largely overshadowed by Iraq, leaving the Canadian military to pick up the

slack of a battle which, in hindsight, we shouldn't have gotten involved in.

I can't help but feel that 39 Canadian soldiers are dead because our leaders acted without due consideration and got caught up in the confusion following the Sept. 11 attacks. Now we are left holding the rope after our American allies generously "transferred responsibility" in Afghanistan to us in order to focus on Iraq.

The general public consensus in this country is against the war in Afghanistan, and many view it as a lost cause, yet there seems to be no

end in sight for Canadian troops stationed in the wartorn country.

Fifty-nine per cent of more than 2,000 Canadians polled said that Canadian troops "are dying for a cause we cannot win" and an even greater number stated that they would not serve in Afghanistan under any circumstances.

Despite Chief of Defence Staff Gen. Rick Hillier's claim that "Canadians believe in this mission as the rich, luxurious and caring nation that we are," the numbers speak for themselves. It's about time we cut our loses, admit we acted rashly and bring our troops home.

Crank up the tunes partner



Allison
Steinman

Opinion

The great thing about this versatile genre is that it's written for everyone. Whether you're nine or 99, there is a song for you.

try tune. The great thing about this versatile genre is that it's written for everyone. Whether you're nine or 99, there is a song for you, whether it's the Dixie Chicks' hit If I Fall You're Going Down With Me, Brad Paisley's long-term relationship song She's Everything, or the Wreckers heartbreak song, Leave the Pieces.

There are songs about marriage, partying, children and growing old.

Although it sounds slightly different at first, country music is more similar to other musical genres than it seems. It's actually known for embracing the styles and sounds of many other types of music. These include: Nashville

sound, which has kind of a pop feel to it. Bluegrass which is a fast fiddle-based sound, western swing, sophisticated dance music, Bakersfield sound, which is an attention-getting sound using a big drum beat and Telecaster guitars, and country-rock. In fact, many country music singers say they got their inspiration from 1970's rock band Lynyrd Skynyrd.

Country music artists are known for being very fan-focused. A perfect example of this is the Country Music Association Festival which has been taking place in Nashville, Tenn. for more than 35 years. The CMA Festival is a charity event put on for country music fans, lasting for four days. The approximately 145,000 fans who participate every year experience 30 hours of autograph signing and 70 hours of live music by their favourite artists.

I'm not here to change anyone's mind, and I don't expect anyone to read this article and run out tomorrow to get I Love Country Music tattooed across his or her back. I just wanted to open the mind of at least one reader so that the next time the voice of Tim McGraw or Toby Keith comes across the air waves, one reader might listen to the song longer than they would usually, and give the genre they thought they'd never be able to relate to a fair chance. Crank it up partner!

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(Photo by Amy Meadows)

An ambulance arrives at Grand River Hospital's ER after a visit from the Ontario health minister helped it to stay open.

ER department on life support

By AMY MEADOWS

The stay of execution granted to keep Grand River Hospital's emergency room open, in my opinion, is a solution that will barely paper over the cracks in what is a major local issue.

According to The Record, Grand River was saved after an emergency visit from Ontario Health Minister George Smitherman. It was under his instructions that Grand River did not lock its doors for the time being, preferring the idea of using outside resources.

The continuation of the will-they, won't-they saga came to a short-term end a day after it was printed in The Record the doors would be locked at 7 a.m. Oct. 1. Imagine my surprise when I turned up at the ER to find patients waiting and ambulances coming in and out of the apparently shutdown department.

New and improved changes in the cafeteria bring a variety of healthier choices for students

By CARA LICHTY

This year Chartwells has brought new changes to the cafeteria at Conestoga College.

With everyone seeming to be so health conscious over the past few years, Chartwells has decided to bring a new Balanced Choices program to the school.

This program allows students to choose from healthier options, from full meals to grabbing a quick snack in-between class.

Pernell Richards, assistant food service director, said the Balanced Choices On the Go program really is a good way for students to balance what they eat.

"I think students have a hard time making healthy choices when they're in a hurry," he said. "But with this program you can grab a tuna salad with some veggies and feel like you're getting a really nutritious meal, it's so easy."

Richards said the choices the students are making are noticeably different this year, with more diet pops being sold and the most popular items being deli wraps and stir-fries.

I am sure most of you will not be shocked to find out, if you have ever taken a trip to the emergency room, that the reason behind the threatened closure was due to a lack of staff.

The warnings from medical staff that wait times will increase would deter me from making a trip to the ER. If wait times were originally on average five hours, how could they possibly get worse?

Bringing in extra staff from Cambridge Memorial Hospital and from a Mississauga-based staffing agency may well be sufficient at this moment in time, but at some point Cambridge will want their staff back. As for using agency staff, this is a costly method in an already cash-strapped institution.

Kitchener-Waterloo is becoming a huge urban area (even since I moved here one year ago) and the staffing crisis will only get larger unless drastic action is taken now.

So why are so few people training for this profession? It seems ever since provincial governments cut back on medical school enrollment by 15 per cent 13 years ago, it isn't a case of not having enough people wanting to enter this profession, but instead a case of there not being enough positions available.

I don't want to pick up the paper in weeks to come to read horror stories about ridiculous wait times and patients being left to get worse in the ER when it was so foreseeable from the outset. While I am quick to admit that every medical system is riddled with its own ailments, it hits you somewhat harder the closer to home it gets.

I know we can continue to plug the holes in this dam but there will come a point when it will burst. Maybe then we will realize the problems should have been fixed a long time ago.



(Photo by Cara Lichtig)

Pernell Richards, assistant food service director, said he is working hard to keep students happy.

out the students."

Linda Muise, a cashier at Conestoga's cafeteria, said the students are pretty good when it comes to buying their food and there are very few complaints received.

"I get no negative vibes working in the cafeteria, but it (the lineup to pay) can get pretty slow because of students using debit," she said.

"Hopefully things will speed up once we get our new debit machines, but it would be nice if students used cash more often."

Staff and students at St. Benedict's concerned for own safety after stabbing in area

By JORDEN FELICIANO

School safety in Canada is being called into question again after a stabbing in Cambridge caused two schools to initiate lockdown procedures, Sept. 29.

A 23-year-old man has been charged with attempted murder after a 63-year-old man was stabbed twice in the ribs.

"I think I speak for most of the teachers working that day when I say I was very concerned for my safety and the safety of everyone in the school."

*David Jaeger,
St. Benedict's law teacher*

St. Benedict high school was one of the two schools alerted to lockdown and keep all students inside until Waterloo Regional Police instructed otherwise.

With this latest act of violence affecting students, many fear that nobody is safe anywhere.

"After hearing about the shooting in Montreal, you wouldn't think something like that could happen around here," said Justine Lourenco, a Grade 12 student at St. Benedict.

Students and teachers were asked to stay in their classrooms with

the doors locked until the end of the school day which worried all faculty, staff and students.

"Most of us sat there thinking about how long we could be stuck at school," said Lourenco.

"Nobody wants to be stuck in school later than you have to, especially when you're locked in a classroom."

Many teachers had those same concerns, but were also more worried because of not being updated on the situation.

"I think I speak for most of the teachers working that day when I say I was very concerned for my safety, and the safety of everyone in the school," said David Jaeger, a law teacher at St. Benedict high school.

Jaeger said regardless of where the stabbing occurred, the threat of an angry criminal continuing an act of violence isn't territorial.

"Whoever committed this crime could have just as easily come into the school and done the same thing to the first person he sees," said Jaeger.

The precaution taken by the school satisfies Jaeger and all of the staff regardless of the circumstances.

"I'm a teacher and trust me," said Jaeger, "I'd rather be stuck in a classroom with my students all day knowing I'm safe than risk anything disastrous happening."

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College positioned well for next year

By STEPHANIE IRVINE

The difficult task of fundraising for the college was one of many issues discussed at a recent meeting of Conestoga's board of governors.

"I think we're going to have to buy John (Tibbits) a new pair of knee pads this year," said John Keating, who chaired the meeting.

He told the 12-member board, who met in the Guild Room of the Student Client Services Building on Sept. 28, that getting sufficient funds for the school is a tough job on a good day.

"When you compare us to the University of Toronto, we're like the poor country cousins," he said.

There are many fundraisers held throughout the course of the year, such as the Conestoga Classic Golf Tournament, but the main focus right now is on the college's alumni.

John Tibbits, president of the college, told the board that a recent mail-out to Conestoga alumni received a very positive response.

"We have to educate our grads about how much they really owe us," said Tibbits.

He went on to say that 15 years ago the school didn't even have an alumni association.

"It takes time to establish that relationship," said Tibbits. "I think we're well on the way though."

Also discussed at the meeting was the growth of the college since last year, as indicated in the recent enrolment count.

"Full-time enrolment is up 12.5 per cent, and we're looking at almost 20 per cent growth in apprenticeships," said Tibbits.

He credited the higher numbers to an enrolment management task force that was put into place. Their job is micromanagement of the

existing programs, as well as coming up with strategic plans for the future.

"It's a situation where we can get beaten to death with a wet Kleenex," said Tibbits. "If every program misses their enrolment goal by just one student, it really adds up."

He said the task force is strongly focused on things like following up with wait lists for current programs, as well as developing new programming to draw students in.

"This really positions us well for next year," said Tibbits.

The board also discussed fees charged to students in addition to their tuition, which are being reviewed by the government.

"We believe we must charge auxiliary fees to provide services for students," said Tibbits.

On average, Conestoga students pay \$600 in fees on top of their tuition each year, which is roughly \$1,800 annually for a diploma program.

According to Tibbits, these fees are about the same as a university student would pay, but points out that universities get close to \$4,000 more annually per student than colleges.

"I know some people feel there shouldn't be tuition at all, but our tuition is very low compared to university," he said.

Auxiliary fees go toward things like expanding open labs and purchasing new software programs for students to use.

Tibbits said of the more than 1,800 PCs in the school none are more than four years old, and students currently have access to more than 400 software titles.

"We were the first to charge a tech fee," he said. "We look at it as a value proposition to students."



(Photo by Holly Featherstone)

Jessica Herbert, a Doon campus bookstore clerk, said over half of the product inventory has been sold.

Students warm up to sweater prices

By HOLLY FEATHERSTONE

Sweater sales have been phenomenal since the beginning of the semester, according to Doon campus bookstore clerk Jessica Herbert.

Conestoga students are purchasing crested clothing with haste as the chill of autumn ensues, resulting in a significant increase of fall sweater sales when compared to previous years.

"By the time January rolls around, students are already in touch with what they need," said Herbert, noting that most students purchase sweaters in the first semester.

She said more than half the sweater inventory is already sold as first-year students continue to be prime customers for Conestoga merchandise.

"(First years) are excited about being here at Conestoga, so they want to promote what program they're in," she said.

Herbert said the prevailing interest in program-specific apparel is rather apparent this year as well.

"Early childhood education (ECE) sweatshirts have sold out in one colour completely."

Herbert said the hooded and full zip-up sweaters are popular items as are pink and black articles. White, however, is not as popular as it used to be.

The colour availability ranges from turquoise to gunmetal gray and students can enjoy a wider selection of program-specific items if they are in woodworking, business, ECE, mechanical engineering, nursing or police foundations/LASA programs.

Customized sweater prices, featuring both the program and Conestoga name, have come down from \$55 last year to \$35 this year.

Mary Andraza, manager of retail operations at the bookstore, said there is an increase in group requests for program-specific

clothing, thanks to the cheaper price.

"It's a lot of work for a student group to (have) that responsibility on their own," she said, "so this year we decided to facilitate some of that work and offer some program-specific clothing to larger program areas as a service to students."

The ability to place orders on specified apparel allows students to promote program pride at a suitable price, particularly those enrolled in programs with a limited first-year student intake.

(First years) are excited about being here at Conestoga, so they want to promote what program they're in."

*Jessica Herbert,
Doon campus bookstore clerk*

To place a group order, if ample interest has been generated, one student representing his or her program can arrange their order with Andraza at the bookstore. Student reps will be provided with sizing samples as well as colour and brand options. Orders must consist of a minimum of 12 garments of the same colour and embroidery style. A class list of interested buyers must be submitted in addition to a \$20 deposit per student. Orders take 2 1/2 weeks to complete.

Andraza said the bookstore tries to sell the most reputable brands with regards to reasonable pricing, quality and reliability.

"Student groups don't always know who the best vendors are, especially from a pricing standpoint," she said.

Currently, the bookstore's most popular brands of collegiate-licensed apparel include Dubwear and Hotline Apparel.

While Dubwear has a more fash-

ion-forward approach to clothing, with trendy bright colours and styles, Hotline Apparel is renowned for their tried-and-true generic hooded sweaters in neutral tones.

"(Hotline Apparel) doesn't tend to move as quickly with the fashion trends," said Andraza. "They have found a market with (neutral tones)."

Amid the vast market of various brands that offer custom clothing, students sometimes encounter problems with large-scale orders.

Stephani Rich, a second-year law and security administration student and chair of the college's student faculty liaison committee, said her program tried to purchase custom clothing from an off-campus vendor last year. Although the clothing quality was good, students found the pricing too steep.

"This year, (ordering) through the bookstore, we are managing to lower our prices by 10 to 20 per cent and the students are very excited," she said.

Rich said her program chose to conduct a mass order because students are proud of their commitment to the vigorous academic and fitness expectations required of their program.

"Our program chose to do program-specific clothing because we are proud of who we are and what we have done to get where we are today," she said.

With regards to colours, Rich said students want to adhere to the traditional colours used in previous years: blue, grey and navy.

"(We) feel that these colours represent the program the best," she said, "and they also look more professional."

Rich said her program anticipates their order, appreciating the service the bookstore staff provided.

"We are very optimistic about (ordering) through the bookstore because of their organization and efficiency skills," she said.

COUNSELLOR'S CORNER: Public Speaking Anxiety

Do you do any of the following?

- Feel extreme anxiety when thinking about doing a presentation.
- Find your palms sweat, your legs shake or your heart beats wildly before, during or after a speech.
- Find your thoughts race and your mind blanks before or during a presentation.
- Select your program/course/assignments to be "safe" from having to make a speech.
- Risk low marks or failure in a course by not doing a speech.
- Develop creative excuses or illnesses (that feel real at the time) to avoid doing presentations.
- Let others in your group "carry" the presentation.
- Fear "making a fool of yourself" in front of teachers or peers.
- Believe everyone is fairly calm but see yourself as a "wreck."

These are some signs you may be experiencing one of the most common anxieties: public speaking anxiety. It can be overcome using a planful approach involving: 1) recognizing and altering negative thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing in low-risk situations and then in situations with graduated levels of risk.

If your course work, your well-being, or your potential to perform as an employee are affected, it is time to do something about it. Remember, avoidance actually increases anxiety!

The following resources are available to you at the college:

- 1) Inquire about a Public Speaking Anxiety group in the Student Services Office.
- 2) Enroll in the Public Speaking option of the Anxiety and Personal Performance course (offered as an elective in the Winter semester).
- 3) Read the Anxiety and Phobia Workbook, Bourne (available at the LRC on the shell and on reserve). This approach must be supplemented with practice in front of friends, family or classmates.
- 4) Make an appointment with a counsellor in Student Services.

*A Message from Student Services
Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>*

Welding expo showcases trade

By SARAH JAYNES

Officials of Canadian Manufacturing Week, Weld Expo Canada and Metal Finishing Expo Canada, held its bi-annual welding event on Sept. 26, 27 and 28.

The expo showcased more than 400 exhibitors spread over 200,000 square feet at the International Centre in Toronto.

In attendance were not only professionals but students from all over southwestern Ontario, including quite a few welding students from Conestoga's Guelph campus.

The event is held for professionals and students alike to gather and exchange ideas, learn about new welding products and to benefit from networking opportunities.

Andrew St.Cyr, a third-year manufacturing engineering technology-welding and robotics student from the Guelph campus, said the event is a great way to meet people in the industry.

"Coming to an event like this is a really great opportunity to meet people and possibly get contacts for after graduation," he said.

St.Cyr and fellow students will graduate in April and already have an advantage because of the reputation of their program at Conestoga.

"I have had many professionals approach me the past few days wondering whether I have kids

who are ready and wanting a job," said Doug Collison, the welder and fitter professor at the Guelph campus.

"He knows that we take pride in our program and really train our students to be ready for the workplace, and I suppose word got around because we have companies wanting our kids before they even graduate," said Collison.

The need for students may also

"There has been a shortage in welders for quite some time, that's why we go out and find students, so they can be trained in a good company and work their way up."

Chris Defazio,

*sales rep at Lincoln Electric in
Toronto*

be a sign that the demand for welders is really high right now.

"There is a lot of hard work and physical labour that goes into being a welder, the type of hard work and labour that wears people down faster than they can sometimes anticipate," said Collison.

The dangers a welder is faced with can sometimes prove over-

whelming for the average Joe looking for a job.

"There are safety precautions with every job, but a welder may be faced with a few more obstacles," said St.Cyr, who is not only a student but works for a local welding business.

Some basic precautions a welder must adhere to while welding include:

1. Be aware that there are a lot of sparks and metal bits flying around when you're in the process of welding.

2. Protective eyewear and helmet should be worn at all times to protect your eyes from the arc.

If this precaution is not followed you could potentially be blinded.

3. A leather jacket, leather gloves and coveralls should be worn because a welder cannot wear anything loose or flammable while welding.

4. Always wear proper work boots to avoid stepping on and being cut by any bits of sharp metal or sparks.

5. Make sure you're in a dry environment in case of certain welding that could lead to you being electrocuted.

6. Weld in a very well ventilated area, otherwise the fumes can cause very serious diseases and illnesses over time.

7. The hardest thing for most welders is the heat. It is necessary

to wear layers of clothing to stay protected; however, when in an enclosed area while using a torch, it can get a little sweaty.

Although most welding does seem like your typical dirty job, there are other options if you are interested in the welding process but aren't interested in the labour and severe conditions.

"We like to train people on the process of welding, the equipment and what is involved," said Chris Defazio, a sales rep at Lincoln Electric in Toronto.

Defazio said a lot of people are interested in the sales portion of welding, rather than the fabrication.

"There has been a shortage in welders for quite some time, that's why we go out and find students, so they can be trained in a good company and work their way up," said Defazio.

"It is interesting to see the changes in welding over time, the different people we meet and employ, the different equipment and the advances," said Defazio.

George Piotrowski of Empire Machinery and Tools in Manitoba said some recent changes have been the use of hydraulic machines.

"The use of hydraulics makes all the difference," said Piotrowski.

"When you turn off a hydraulic machine it will stop immediately, rather than the machines we use

now that take some time to cool down."

Piotrowski said this is a huge advancement in machine safety and efficiency.

Another area that the welding industry is always trying to improve upon is the welding helmet.

3M has recently come out with the new Speedglas helmet that is narrower, lighter, has darker tint and has the ability to operate temperature to reduce the heat.

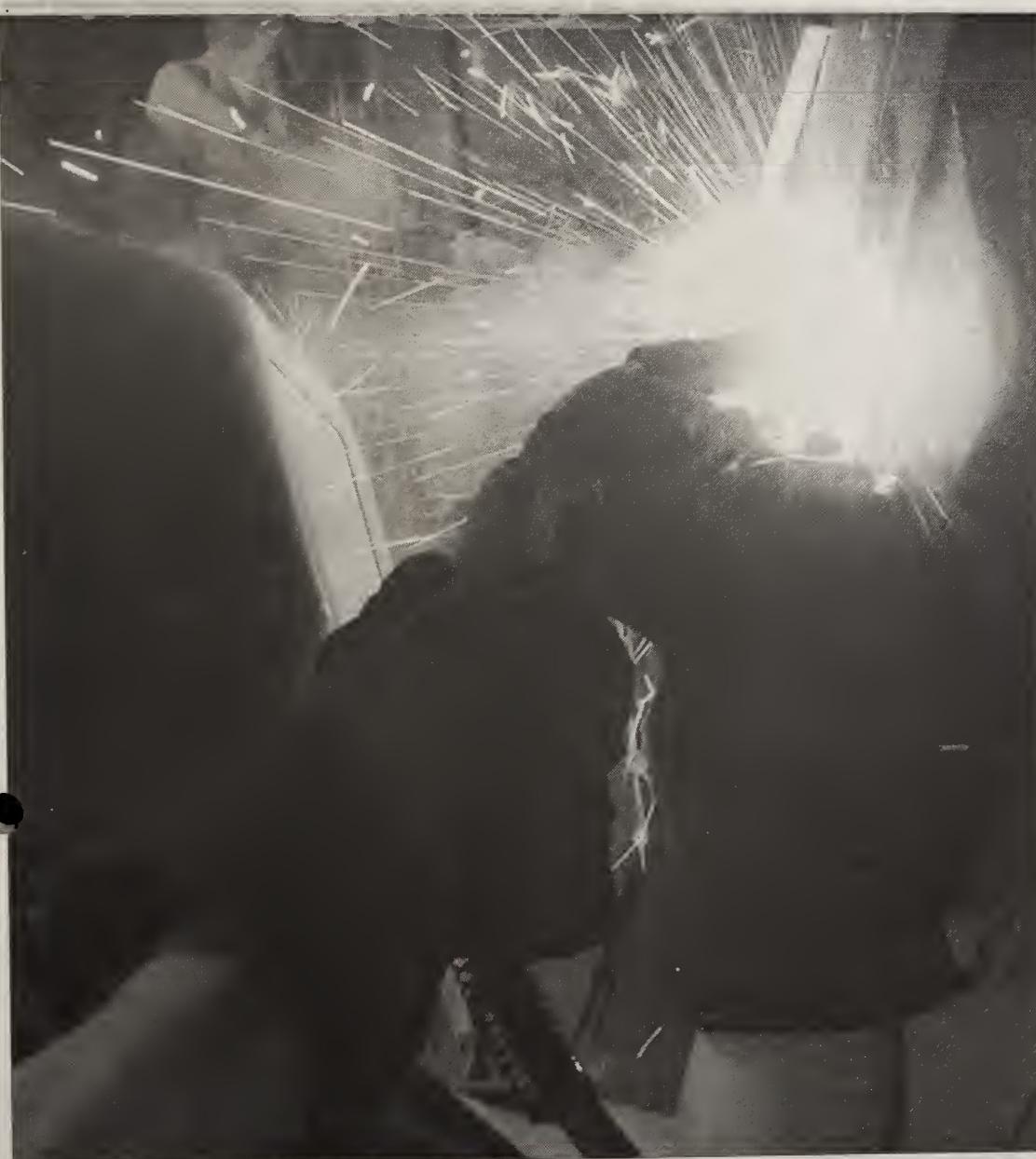
The change of the welding helmet affects anyone involved in welding, especially if you're working all day, everyday in the scorching heat.

"Any welder can tell you that wearing a helmet is a pain, but it's necessary, that's why we're always evolving and considering the health and safety of our welders," said Reid Hefferman a representative for 3M.

Although advancements are being made every year in the welding industry there is still a shortage of people choosing it as their career path.

What could change their mind? Most welders make upward of \$500 to over a \$1,000 a day.

"I was recently offered a job in Alberta, straight out of school making \$600 a day to start, that's not a bad chunk of change for a 21-year-old," said St.Cyr.



(Photo by Sarah Jaynes)

Andrew St.Cyr shows what he's made at the 2006 Weld Expo. "I love seeing the finished product," he said.

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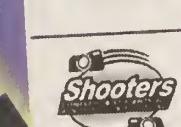
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TIME SLOTS

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Monday, October 16th – Friday, October 27 - **COMMUNITY SERVICES**

Monday, October 30th- Friday, November 10 - **MEDIA LIBERAL STUDIES**

Monday, November 13th – Friday December 1 - **ENGINEERING TECHNOLOGY**

Monday, December 4th – Friday, December 15 - **INFORMATION TECHNOLOGY**

Monday, January 8 – Friday, February 2 - **SCHOOL OF BUSINESS**

sign up at the **CSI office**

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For more detailed descriptions visit www.conestogastudents.com

If you are interested in any of these positions please email your resume completed with workstudy form to Janie Renwick at jrenwick@conestogac.on.ca or visit the CSI office in room 2A106

OCTOBER 2006

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

1 SANCTUARY 11:30 AM
2 LITTLEMAN 2 SANCTUARY 11:30 AM
3 SANCTUARY 11:30 AM
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31 SANCTUARY 11:30 AM

Fright Week →

Events

1 Muchtobefest

3 Please visit room 2A106 for more information or to purchase tickets.

11 Muchtobefest

12 doors open at 8:00 pm

13

14

15 Material Management

16 CLASS REUNION 2pm-12am

17

18

19

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21

22

23

24

25

26 HALLOWEEN BASH 9 PM - 1 AM and EXORIUM & BODY ROSE Sanctuary 11:30 AM

27 HALLOWEEN BASH 9 PM - 1 AM and EXORIUM & BODY ROSE Sanctuary 11:30 AM

28 Fright Week →

www.conestogastudents.com

VISIT US IN ROOM 2A106 FOR MORE INFORMATION OR TO BUY TICKETS

LASA program gets new leadership.

New program co-ordinator has a long history in military and forensics

By JASON SHERRITT

In his first year as a full-time professor at Conestoga College, James Phillips not only teaches five classes but is also the program co-ordinator for law and security administration.

"I get here about 10 to seven and leave about 10 to six," said Phillips. "But I love it, that's no problem, it's the first year, it's going to be tough."

From high school he went right into the Canadian forces as a communications technician. He didn't go back to school until later in life. Phillips was in the coast guard aux-

iliary for 10 years, where he rose to the rank of coxswain - equivalent to a captain of a smaller boat. He was also in the ski patrol for five years, where he rose to co-ordinator of on-hill training.

"Training's always been in my background, training is a big part of rescue and they go together," said Phillips.

His experience is a great asset and resource for his students, as will be shown and perhaps put to the test when the students have their consolidation exercise. The exercise consists of staging an accident on campus and having the students respond to it. It also involves other Conestoga programs such as pre-service fire, paramedic, journalism and police foundations.

By trade he's a computer forensic and high-tech crime investigator working for the provincial and federal governments as well as many fortune 100 companies.

He's worked in just about every

capacity in the security industry. He's been a security guard, private investigator, in canine security, close personal body protection, fraud investigations and organized crime investigations.

"We all learn our trades, we all learn our subjects but we have to learn how to be a part of something.

We're a part of a program, we're a part of a college."

*James Phillips,
professor and co-ordinator,
LASA*

He is also an expert in technical countermeasures, which is the detection of electronic surveillance devices or "bugs."

"I always tell my students these

are the types of things that are impressive and tell you about the background but tell you nothing about the person," he said.

"I'm loyal, dedicated, compassionate; that's who I am."

He said his students come first, and that he would rather be known as a compassionate, great teacher who cares for his students than known as someone who's worked with celebrities and political figures, something he did when he worked in close personal body protection.

A family man, Phillips and his wife just had their first child, Nathan, five months ago.

He said when he was just teaching part-time, he would commute between Kitchener and Ajax, driving nearly an hour and a half each way.

"I started to spend more time in Kitchener. I thought, this is the town I want to have my family."

So Phillips bought a house and

now resides here.

Looking back in his life and looking forward in his students' lives, Phillips hopes to prepare them to the best of his ability. He also hopes to bring more community and humanity to the college experience.

"We all learn our trades, we all learn our subjects but we have to learn how to be a part of something," he said. "We're a part of a program, we're a part of a college."

"You've always got to support that and support your fellow students when you see them in the community."

Phillips would consider it a success at the end of the year if all of the students knew each other and took their experiences and moved on into life together; students in all programs, not just his.

"It's full circle, society, how we interact here, how we interact outside, how we interact later in life; it all comes back together."



(Photo by Stephanie Irvine)

Suiting up

First-year pre-service firefighters Brock Gooyers, Tom Smith, Kevin Hoekstra and Chris Wise take a breather after strapping on their gear for the first time.

PERFORMANCE ANXIETY GROUP



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Keep your immune system warm this cold season

Simple steps to better health

By JENNIFER CURTIS

Your parents always told you to wash your hands often. Well, they were right. Washing your hands regularly is the best way to avoid getting sick.

Dr. Joseph Mercola, author of Total Health Program says on his website, www.mercola.com, that washing your hand prevents the flu better than getting the annual flu shot. If done properly, it can significantly reduce your chance of getting other illnesses this winter.

When you take care of your body, it takes care of you.

Washing your hands gets rid of bacteria and germs. You can easily touch something that has the virus and then touch your nose or mouth and transfer that virus. The end result: you're in bed with the flu.

He said avoiding sugar can also reduce your risks of getting sick. Sugar lowers your immune system, making it easier to catch something that's going around.

Mercola says other ways of avoiding an illness this flu season are eating garlic, keeping stress-free, exercising regularly and getting enough rest.

Following these few simple steps is a surefire way to reduce your risk of getting sick this year.

When you take care of your body, it takes care of you.



(Photos by Annelise Thompson)

Fire dog

Bobby the pug is ready to fight any fires that may break out at the Dumfries conservation area in Cambridge. Bobby was a participant in the Pugalug Club's annual "pug-o-ween," where pug enthusiasts dressed their pets in a variety of costumes.

Conestoga instructor's son a soldier in Afghanistan

By BECKY SHARPE

While our Canadian troops are away at war in Afghanistan, parents of soldiers are sending their love and support overseas.

Kerry Townson, an instructor at Conestoga College and mother of a soldier, is a member of the support group, Families of Canadian Soldiers in Afghanistan.

The group was created by two women who approached CTV and left contact information.

Townson contacted the two women and she, along with seven other couples, started the support group in April 2006.

The group now has a total of 30 families from the area who meet once a month.

Townson believes it is important that our troops know they have the love and support of their families and communities back home.

"You can't spend all of your time worrying about your son or daughter," she said. "If your son or daughter knows you're at home worrying, it affects their job so they need to know you're supporting them."

The group started off informally, but as the group grew they contacted the London military base, which has a support group on site, and arranged for a guest speaker.

There is now usually a guest speaker at every meeting.

The London base will be creating a video to show Canadian troops how much their country is supporting them and it will be sent overseas for Christmas.

Parents and other members of the support group also try to send care packages for their loved ones on a monthly basis.

Townson sent her son items to help him relax and get his mind off of the war.

"I got lightweight items such as a Canadian Frisbee and a Canadian umbrella hat," she said. "The soldiers love novelty items which they can play with even though they are out in the desert."

These small items are a blessing to the soldiers and it gives them a diversion when they are bored with simple duties such as guarding the perimeters, said Townson.

The support group does not only support families with Canadian soldiers but families with any loved ones in the war.

There are many countries involved, including Luxembourg, Romania, Slovenia, Slovakia, Spain, Finland, Estonia, Denmark and Switzerland.

Most of these countries are peacekeeping countries, said Townson.

"Yes, this mission was a peacekeeping mission, unfortunately, the Taliban has made that very difficult and the only way to win is to get them to retreat," she said.

There have been some major successes in Afghanistan and when something devastating happens it makes the headlines and people forget about the good, said Townson.

"They forget about the roads being built, the fact that girls can go to school now and small businesses can be run by women."

This is the one country where Canada and the other peacekeeping countries have to win, she said.

After a major tragedy there is usually a poll held to vote on whether or not it is time for Canada to bring their troops home.

"Do I want all our troops home?" Townson said. "Of course I do, but not at the cost of giving up to the Taliban and letting them take over."

She said this is why it is so crucial to give love and support, because Canadian troops are fighting against extremist beliefs that state death brings glory.

"It's really hard to fight that type of belief, when someone doesn't value life," she said. "How do you negotiate to try and make peace?"

Students, professors and staff who have loved ones in Afghanistan and want to join the group, have questions or would like more information, are welcome to contact Townson at kerrytownson@rogers.com

Introduction to Mindfulness Meditation



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Does your mind race from one thought to another?

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- Increase Concentration
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- Decrease Stress

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Oct 11 – Nov 15

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lwoodford@conestogac.on.ca to register

Walk for Life raises awareness

By NATALIE ANDERSON

Despite the cold and wet weather, more than 100 supporters gathered for the Cambridge Walk for Life, Sept. 30.

The walk is held annually to make the community aware that there are still people concerned that abortion is legal in Canada, said Isabel Smith, president of Cambridge Right to Life.

"Every year in Canada since the late '60s we've aborted about 100,000 babies a year, and those are only the ones we know about statistically," said Smith. "It's a really full issue. It's full of emotions and ramifications."

Cambridge Right to Life has been in existence since 1972 and members have been walking every year for nearly 20 years.



(Photo by Natalie Anderson)

More than 100 people took part in the Cambridge Walk for Life.

"We really feel that it's a terrible injustice and it's actually a crime in our eyes to kill an innocent human being," Smith said. "We're wearing the T-shirts that say 'Choose life' so the community sees us walking and they know this issue is still very much alive in a lot of people's minds."

She said there is support in the community but it's subdued because it's politically incorrect to talk about abortion.

"In America 3,000 babies are killed (by abortion) every day," said Smith. "That's like the twin towers falling down every day and no one even peeps. Nobody is even aware that this is happening."

Smith said Cambridge Right to Life is an educational organization that provides pamphlets and information not just on abortion and its effects, but on issues around contraception, fertility, chastity, euthanasia and any issues having to do with the beginning of life to the end of life.

"We're not the 'meanies'. We're not anti-abortion. We're pro-life," said Smith. "If you look at what

abortion is, it's death. We're just saying to people 'choose life, not death.'"

Smith, who attended Conestoga College, said she got involved in the movement 30 years ago when a friend at school had an abortion and was changed because of it.

"We had allowed ourselves to allow her to do that and I still to this day do this pro-life work," said Smith. "I continue to do it because I feel like I owe that child something. And it was life. One human being matters."

Lisa Hiller, 28, said she has walked for as long as she can remember.

"My mom was always involved in the right to life movement," she said. "As soon as I was old enough to realize and research, I have believed that abortion is

killing and I want to stand up for it."

Hiller said she thinks that the walk is one of the first and best ways to get information out there and to make people think.

"People see the signs and you hear honks and you know that people are looking at you and it's stirring conversation in the car," she said.

Hiller said she has started to volunteer more this year and is on the board.

"The people on the board are getting older and I feel that it's more people my age that need to start stepping up and carrying the movement," she said. "I think it's really important for everyone to see that young people are involved and it's not just older people who are past childbearing."

In The Mind's Eye offers rare glimpse into abuse

By TIFFANY MCCORMICK

A stereotype is defined as "a widely held but fixed and oversimplified image of a particular type of person or thing."

Stereotypes are formed on many aspects of today's society, from body image to a woman's role, the life of a superstar to substance and alcohol abusers.

In The Mind's Eye 2006, a project of the substance abuse committee of the Community Safety and Crime Prevention Council, hopes to dispel the stereotypes formed on substance and alcohol abusers with this year's program.

In The Mind's Eye was created by the council, which addresses the risk factors associated with crime through social development in an effort to prevent crime. Substance abuse falls into that category.

The program began due to a mandate of the substance abuse committee to address issues of addiction which include gaps in treatment services, negative stereotyping and the stigma attributed to people under the addiction of drugs and alcohol.

Michael Parkinson, co-ordinator of community engagement for the Community Safety and Crime Prevention Council, said issues of drugs and alcohol have a very real and lasting effect on Waterloo Region.

"The costs to health-care systems, social service agencies, police services and workplace are significant, but the costs to persons,

families, friends and neighbourhoods cannot be measured in dollars and the effects can be devastating, even deadly."

The program began last year with five films at the Waterloo Princess Cinema but has expanded to include 20 premiere films never seen in Ontario, 17 workshops and two speakers.

"The programming associated with In The Mind's Eye 2006 is reflective of interests in our community, including service providers who face such issues in varying degrees each day," Parkinson said. "It's to bring awareness of the issues to the community at large, in an effort to facilitate community-based solutions."

Parkinson said presenting the issues through different events offers a new way to bring the best of the world to Waterloo Region.

In The Mind's Eye has three components: increasing awareness and education, providing specific skills and training for service providers and promoting discussion in an effort to improve the way society works through issues of substance and alcohol abuse.

"It truly is an exceptional opportunity for area residents, service providers and students to gain a real and rare glimpse into issues of substance use and abuse," Parkinson said.

Brice Balmer, chaplaincy director for the House of Friendship in Kitchener, said his members from the organization who attend In The

Mind's Eye 2006 will offer three drug and alcohol recovery programs and will present how they work with people who suffer from substance and alcohol abuse.

"There are a lot of stereotypes and prejudices against people addicted to drugs and alcohol," Balmer said. "It's important to breakdown those stereotypes."

Balmer said the community needs to help these people "to

ensure they don't injure their lives more than they already have."

In The Mind's Eye 2006 started on Sept. 19 and runs until Nov. 28 when it will close with Larry Campbell, senator for the Liberal Party of Canada. All events are free with the exception of the movies at the Princess Cinema.

A variety of workshops are offered through In The Mind's Eye. Social service students may be

interested in the workshops Understanding Addictions on Oct. 19 and Understanding Crack Cocaine on Nov. 10, while nursing students may want to attend Young and Younger: Critical Issues of Substance Use During Pregnancy, the Early Years and in Youth on Oct. 10.

For more information, a calendar of events or to become a volunteer, visit www.inthemindseye.ca.



(Photo by BJ Richmond)

CYP recruits students

Sole proprietor of Senior's Move, Brynn Varey and local realtor, Benjamin Bach, promoted the Chamber of Young Professionals (CYP) at the college on Sept. 28. For more information on CYP contact Mark Womack at 519-749-6048.

CSI board approves same accountant

By BRANDON WALKER

At the Sept. 19 CSI board meeting, the student union was presented with the option of changing accountants. Since that meeting, CSI has decided to keep BDO Dunwoody as its accountant. For the last eight years, CSI has relied on BDO Dunwoody to provide a yearly report regarding expenditures and profit. Each year, CSI has to decide whether to choose

another firm to go over their books.

According to CSI president Matt Jackson, Dunwoody's rates are very competitive. "We've got a long track record with Dunwoody and they've provided outstanding service. The only reason we'd ever switch would be if we found a more competitive price."

CSI's next board meeting will take place Oct. 17.



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(Photo by Tara Ricker)

Penny Fulton, an employee at Hans Haus, said keeping the shelves stocked with Oktoberfest memorabilia is almost impossible during the Oktoberfest season. Hans Haus is K-W's official Oktoberfest souvenir store located in downtown Kitchener.

It's time to oompahpah

By TARA RICKER

Dust off your dirndls and lederhosen, Oktoberfest is in full swing.

The festival began on Oct. 6 with the official tapping of the keg and runs until Oct. 14. Kitchener-Waterloo Oktoberfest, otherwise known as "Canada's Great Bavarian Festival," is nine days of schnitzel, polka dancing and lots of beer.

"It's a community celebration," said Larry Blundell, executive director of Oktoberfest. Each year 135,000 people visit the numerous halls and a total of 700,000 individuals take part in one of the many events the festival offers.

A barrel race, dog show, treasure hunt and "Oktoberfest Idol" are only a few of the events held during Oktoberfest, not to mention one of the country's biggest Thanksgiving Day parades, broadcast live to a national TV audience.

But the heart of the event is found in the 15 fest halls, sites throughout Kitchener and Waterloo that offer food and drink, music and cultural events.

Some larger sites are once-a-year venues such as the Kitchener Auditorium, transformed for Oktoberfest into the Karlsberghaus.

"For the first time this year the Karlsberghaus celebrated Pridetoberfest," said Blundell.

"Having an event like this is a great opportunity to celebrate diversity in our community." The event was held on Oct. 7 and was hosted by the Kiwanis Club of Kitchener.

"The Oktoberfest committee is always testing new things and trying to keep things fresh, but at the same time we don't want to lose the Bavarian theme."

Blundell said it is all a matter of looking at the demographics.

'The Oktoberfest committee is always testing new things and trying to keep things fresh, but at the same time we don't want to lose the Bavarian theme.'

*Larry Blundell,
Oktoberfest executive director*

"Over the last few years K-W Oktoberfest has introduced hip-hop, and country and rock music to the festival," he said. "We try to offer something for people of all ages to enjoy."

A few of the performers scheduled to hit the stage this year are Michelle Wright, Kim Mitchell, Sloan and K-OS.

"In order to fully experience Oktoberfest it is important to dress for the occasion," said Heidi Wilson, manager of retail and wholesale operations at Hans Haus.

Hans Haus is K-W's official Oktoberfest souvenir store located at 17 Benton St., downtown Kitchener.

"You don't have to wear a dirndl or lederhosen but an Oktoberfest hat is a necessity when celebrating," said Wilson. "Especially one with a long bright feather."

The first official Oktoberfest souvenir and essential keepsake for all visitors to K-W Oktoberfest is the official blinkie button.

Since 1969, Kitchener-Waterloo Oktoberfest has created an annual souvenir button featuring Oktoberfest scenes, musicians, dancers, and in more recent years, the lovable Onkel Hans character.

The souvenir buttons sell for \$5 each with the proceeds assisting a variety of local charities.

"Oktoberfest generates \$20 million for the community each year," said Blundell.

As well, each year K-W Oktoberfest breaks new boundaries and strives to be bigger and better than the year before, he said.

"Hopefully this year will continue to meet the expectations of the community."

K-W event is the largest outside of Germany

By NICK CASSELLI

Close your eyes, and let your senses kiss the sky.

The enchanting aroma of succulent sausage smothered in sauerkraut lingers potently through the air.

Your nostrils are relentlessly invaded to the point where the only diagnosis for this unconquerable craving is a hot-pork injection.

Having surrendered to temptation you begin gnawing away at your sausage like a ravenous dog when an overwhelming thirst suddenly consumes your body.

Lucky for you, you're at Oktoberfest, and accessing a cold refreshing beer is easier than doing the chicken dance.

Now open your eyes as this wonderful fantasy has come to an end, or has it?

If you live in the vicinity of Kitchener-Waterloo, this fantasy has only just begun.

Attended by thousands of thirsty souls from all over the globe, this momentous occasion known as Oktoberfest promises to be one of the world's wildest shindigs.

From a humble drinking establishment in 1969, K-W Oktoberfest has matured into the biggest Bavarian festival in North America, second in the world only to the original Oktoberfest in Munich, Germany.

With giant beer tents erected throughout the region, buxom beer maidens will be serving precious brew by the litre to rowdy dancers as 30-piece Bavarian bands rock the thick air with those old-time drinking songs.

Oktoberfest enthusiast and Conestoga College business student Kemal Arif says he can't wait for the boozing and obnoxious behaviour to begin.

"It seems as if I have been waiting an eternity for Oktoberfest to come, it's the one time of year when you and your friends can really let loose and have one hell of a time."

"I just hope they brought enough booze for me this year."

Arif also said although Oktoberfesters tend to get drunk and rowdy, everyone is in a great mood and the atmosphere is entirely peaceful.

"It's a given that Oktoberfest brings out the wild side of people, but this is a time to celebrate and most people keep the behaviour within reason," he said.

Only two days into the epic spectacle, Oktoberfest tickets are selling like hotcakes, but not to worry, tickets can still be purchased at the Hans Haus, located in the heart of downtown Kitchener, at 17 Benton St.

Running from Oct. 6-14, this year's Oktoberfest is bigger and better than ever, featuring more than 40 family and cultural events including 17 festivals at various locations around the region.

For ticket and location information call the Hans Haus at 519-570-4267 or visit the website at www.oktoberfest.ca.

It doesn't matter if you're German or not, Oktoberfest welcomes all who dare to release the unbridled enthusiasm suppressed within.

(Photo by Nick Casselli)
Conestoga graduate, Amanda Beckman, prepares for Oktoberfest with a tall, frosty glass of ale.

Molly Bloom's IRISH PUB

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DJ TERRY TOP 40'S

DANCE HIP HOP, COUNTRY AND MORE....

LADIES IN FREE BEFORE 11PM

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Feature



(Photo by Adam Hannon)

The Maskerade Manor owner Tom Hilborn battens down the hatches for the Halloween season with Captain Flog 'Em.



(Photo by Adam Hannon)

The Spooky Room at The Maskerade Manor features life-size Halloween statues and electronic accessories.

Pirates could steal Halloween

By ADAM HANNON

With only a few weeks to All Hallow's Eve, K-W area costume shops are battening down the hatches.

Shirley Bunce is the owner of Seams Like Magic on 321 Weber St. N. in Waterloo.

"We all know Pirates of the Caribbean will be a blow out," said Dunce. She noted that Harry Potter costumes are also popular.

Dunce said young children seem to like more traditional costumes, like witches and skeletons.

She said she likes to see people put some thought into picking out or designing their costume, adding some people use assorted pieces to create their own superheroes.

"I like to see imagination. I'm really put off when people say, 'tell me what to be,'" said Dunce.

She said sometimes groups of friends will pick their costumes around a theme, such as Gilligan's or the Wizard of Oz.

Dunce added couples will often switch gender when dressing up for Halloween, such as the man dressing as a nun and the woman as a priest.

"I like to see people have a good time," she said.

Even after 20 years in the costume business, Dunce still gets surprises.

"I think it's really weird when men dress up as ballerinas," she said. "And a little girl came in, she wasn't 90 pounds soaking wet. She went out as Homer Simpson."

Seams Like Magic has about 850 costumes for rent, as well as accessories such as makeup and wings.

"We've never sold out," said Dunce.

She said sometimes it gets so busy in the last week of October that they have to turn off the ringer on their phone.

"When it gets busy here we can't even get to the phone. Halloween has turned out to be such a popular time of year, second only to Christmas. It's like a feeding fren-

zy in a piranha tank."

She said she has seen a demographic change in the people who dress up for Halloween. Although a lot of children still go trick or treating, many of her customers are adults getting costumes for Halloween parties.

"It's more of an adult thing now," said Dunce. "People are really enjoying it."

Through their recent merger with Mavis Theatrical Supplies, Seams Like Magic has access to professional theatrical makeup and costume makeup. They also sell their professional makeup to various TV shows and movies.

Dunce said many people prefer makeup over masks, because they can still talk and eat properly while wearing it.

In addition to rentals, Seams Like Magic also does custom outfits with at least six weeks notice, and are open year-round.

Most of the rentals range from \$25 to \$75, with a few exceptions. Dunce said the prices to have the same costumes made start at around \$200. The prices to order cheaper costumes from an outside supplier start at around \$30.

Seams Like Magic also has higher end costumes, such as a deluxe collector's edition Star Wars Darth Vader costume. This costume is worth about \$1,900, so they rent it for around \$250.

Tom Hilborn has been the owner of The Maskerade Manor on 18 Queen Street in Cambridge since it opened about 20 years ago.

He said Pirates of the Caribbean costumes are going to be very popular this year, due to the two successful movies to date.

Hilborn noted that superhero costumes, as well as celebrities such as Marilyn Monroe and Elvis, are popular every year.

"I'm surprisingly getting a lot of interest in Star Wars this year," he added.

Hilborn said some of the more inventive costumes he's seen were someone who dressed up as a tree,

and people dressing up as characters from the Transformers cartoons and comics.

The Maskerade Manor has a large inventory, including four racks of costumes for sale, and 2,500 costumes for rent.

Hilborn said even if someone walked into his store on Oct. 30 they could still find something to wear. He said his inventory has never been completely cleaned out.

"It just depends on how picky they are," said Hilborn.

"One area that's growing quite nicely is Halloween decorating. We're getting into some pretty intricate stuff."

Tom Hilborn,

owner,

The Maskerade Manor

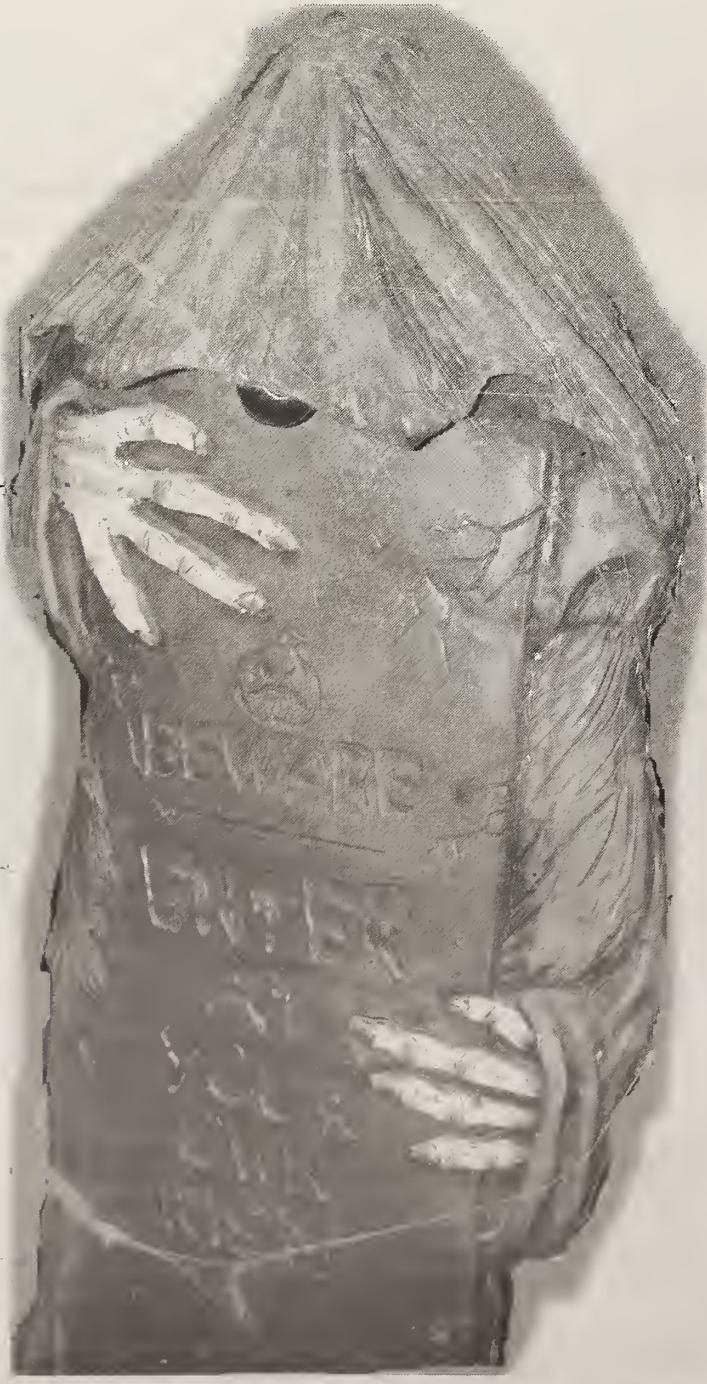
He said he gets lots of people looking for costumes at the last minute. He said this is because a lot of people in the K-W area place a higher importance on Oktoberfest than Halloween. As a result, many clubs in the area don't advertise Halloween until after Oktoberfest. He added that customers from other cities, such as Hamilton, Stratford and Guelph, where Oktoberfest is not as widely celebrated, often come much earlier.

He added he starts taking Halloween costume reservations on Sept. 1.

The Maskerade Manor has an area called the Spooky Room, which is dedicated to electronic Halloween decorations and accessories.

"One area that is growing quite nicely is Halloween decorating," said Hilborn. "We're getting into some pretty intricate stuff."

They rent these decorations, such as a life-size Captain Flog 'Em, to people holding Halloween events.



(Photo by Adam Hannon)

In addition to costumes, the store also rents many Halloween decorations, such as this tombstone.



Run for the Cure

And they're off ... the air horn sounded and the participants started the CIBC Run for the Cure. The event was held at Bingemans in Kitchener on Oct. 1. The 2,600 participants raised a total of \$400,000.



The Waterloo Flames, U11B Rep soccer team took part in the five-kilometre run. This was their second year participating in the event and they raised \$2,500. Out of the 20 players on their team, 16 of them participated.

Photos by Leanne Mountford



Conestoga College graduate Christine Olah volunteered to help at the run. Her pink foam finger helped direct participants where to go.

Condor Monthly: October 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>Conestoga Men's Rugby home game</u> <u>Sign up: Performance Anxiety Group</u>	2 <u>Win \$1000!</u> Free Skate for Students 12-2 pm Student Shiny Hockey 2:30-4pm (rec centre)	3 <u>Conestoga Pride Information Night</u>	4	5 Student Shiny Hockey 2:30-4pm (rec centre)	6 <u>Oktoberfest 2006 begins</u>	7
8 Happy Thanksgiving! Enjoy Mindful Meditation (<u>sign up this week!</u>)	9 <u>Oktoberfest Thanksgiving Day Parade</u>	10	11 <u>National 'Coming Out Day' Booth</u>	12 Student Shiny Hockey 2:30-4pm (RC) <u>CSI Muchtoberfest</u>	13	14
15 <u>Deadline for Performance Anxiety group sign ups</u>	16 Free Skate for Students 12-2 pm (rec centre) Student Shiny Hockey 2:30-4pm (rec centre)	17 <u>Ring Days - 10% off</u> <u>Justens</u> On-campus JOB FAIR <u>Conestoga Men's Rugby home game</u>	18 <u>Ring Days - 10% off</u> <u>Justens</u> On-campus JOB FAIR <u>Conestoga Men's Rugby home game</u>	19 Student Shiny Hockey 2:30-4pm (rec centre)	20	21 <u>St Jacobs Market</u>
22 <u>Conestoga Men's Rugby home game</u> Conestoga United Way Campaign starts this week...	23 Free Skate for Students 12-2 pm (rec centre) Student Shiny Hockey 2:30-4pm Intramural Floor Hockey 4:30-6 pm	24 Intramural Basketball 4:30-6pm Intramural Ice Hockey 4:30-6:30 pm United Way BBQ (Pond Area)	25 Intramural Ice Hockey 4:30-6:30 pm Intramural Volleyball 7-10 pm	26 Student Shiny Hockey 2:30-4pm (RC) Intramural Floor Hockey 4:30-6 pm Intramural Ice Hockey 4:00-6:00 pm <u>CSI Halloween</u>	27 <u>Chillax with us!</u>	28 <u>Guelph Farmers' Market</u>
29	30 Free Skate for Students 12-2 pm (rec centre) Student Shiny Hockey 2:30-4pm (rec centre) Intramural Floor Hockey 4:30-6 pm	31 <u>Hallowe'en</u> Intramural Basketball 4:30-6pm Intramural Ice Hockey 4:30-6:30 pm	Drop by Student Life this month for a free cookie from the SL cookie jar!	Student Life		

Introducing the "Condor Monthly" ... a monthly calendar featuring activities, events and opportunities that maximize the student experience at Conestoga College and in the local community. Accessible from the Student Life homepage (www.conestogac.on.ca/studentlife), it's your ticket to a positive student experience!



(Photos by Eric Murphy)

Conestoga's men's soccer team suffered their first loss of the season in their game against Humber on Sept. 26. Rookie goaltender Aleks Bednarowski (top left and bottom picture) kept the score low with a showcase of saves.

Men's soccer team comes close

By ERIC MURPHY

Conestoga men's soccer team fell a little short in a 1-0 loss versus Humber College in league play on Sept. 26.

Although the Condors didn't get any points in the win column, their hardworking tenacity and never-give-up attitude showed Humber, one of the top teams in the league for the last 14 years, that Conestoga is a team to watch out for.

Humber showed why they are perennially the top team in the league as they immediately put pressure on Conestoga but the Condors didn't falter as they fought back with grit and determination.

Condor rookie goalkeeper, Aleks Bednarowski, turned the Hawks back with a handful of saves throughout the first half and came up big by saving a penalty shot to keep the score even.

The Condors had few chances in the first half and paid for it as Humber went up by one goal after lobbing a shot over Bednarowski from way outside the 18-yard box.

However, in the second half, the Condors showed their fans that

they weren't going to lay down for anyone as they battled back, testing the Humber keeper right away.

The Condors continued their onslaught, only missing by inches as their shots were met with a series of posts and crossbars, sending the play back in the opposite direction.

As time ticked away and their attempts came unanswered frustration started to set in as three Condors received some questionable yellow cards for aggressive play but still were unraveled and continued to fight back.

Unfortunately, time ran out and Conestoga fell to Humber, leaving the Condors with a record of two wins, one tie and one loss.

"They really showed a lot of heart and grit against one of the best teams," said head coach Geoff Johnstone. "I definitely think the rest of the league will be aware of us after today."

Even though the Condors lost the close game Johnstone was proud and happy with his team's performance.

"I thought we were definitely the better team out there, especially in the second half," he said. "You

have to remember that Humber gets to choose their team from 22,000 students from the greater Toronto area."

Justin Barbuto, a second-year player, thought they played a great game even though they lost,

"It was just one of those fluke games where you let one get away," said the second-year police foundation student. "We had our chances but just couldn't capitalize."

Barbuto has no worries about the rest of the season and feels that the Condors will make the playoffs.

"Our talent and speed are really starting to come together," said Barbuto. "Based on today, we shouldn't have a problem making the playoffs."

Even the head coach from Humber, Germain Sanchez, was impressed with the Condors' play.

"They played very well with a lot of heart," said Sanchez. "They are a very good team."

The Condors also beat Cambrian College 4-0 on Sept. 30 in Sudbury and tied Mohawk College 3-3 on Oct. 3 in Hamilton. This brings their record to three wins, two ties and one loss.





(Photos by Peggy O'Neill)

Rugby time

The Conestoga men's rugby team lost 17-3 to Fleming in their game on Oct. 1 in Cambridge. Right: Condor Evan Bossuyt takes a hard fall. Below: Jake Vandyk tries to tackle a Fleming player. See Page 20 for the full story.



Women's soccer team suffers second loss

By ADAM BLACK

Conestoga's women's varsity soccer team suffered their second loss of the season against the Humber Hawks 2-0 on Sept. 27.

Humber got on the score sheet early in the first half, but the Condors' defence worked hard to keep them from scoring again.

A defensive error early in the second half allowed Humber to go up 2-0. The Condor defence held strong, but the lack of offensive attack gave little hope for a comeback.

Coach Aldo Krajcar thought his girls played really well defensively, but there are still kinks to be worked out.

"We had two small blunders due to lack of concentration which caused (Humber) to score on us," said Krajcar. "We must work on our conditioning and work together as a team in both offensive and defensive units."

Humber currently sits second in the OCAA western rankings with a

4-0-0 record, while Conestoga sits seventh with a 0-2-3 ranking.

Despite playing a tough team, the Condors feel they put up a good fight.

"Humber has always been known to be one of the tougher teams in our division," said veteran forward Amanda Britton. "Unfortunately, we made two mistakes they capitalized on, but other than that I think we played a very strong game."

The players do agree if they want to improve on their season, there is still a lot of work to be done, especially if they hope to compete against teams like Humber.

"I think we need to work on our communication and moving up the field as a unit for our next game," said rookie Holly Briston.

Despite having no wins so far this season, the Condors have improved greatly from the previous season, which went 0-7-1.

The Condors have no more home games, but will be on the road playing Cambrian, Mohawk, Redeemer and Fanshawe colleges.



(Photos by Adam Black)



In a home game against Humber the Conestoga women's soccer team fought hard but, in the end, suffered a 2-0 loss to the Hawks.

Top photo: Kerri Lantz throws the ball back into play as the Condor offence prepares its attack.

Above: Amanda Britton prepares to head the ball. Left: Goalkeeper Courtney Zettler makes a save.

Men's rugby team suffers tough loss

By PEGGY O'NEILL

The Conestoga Condors men's rugby team suffered another loss after an intense game against the Fleming Knights on Oct. 1 at Rogers Park in Cambridge.

Sunday's game leaves the team with one win and two losses.

The final score was 17-3 for Fleming, which is located in Peterborough, but there weren't any points scored until near the end of the first half, when Fleming started to get ahead of Conestoga.

"We have the most talent here by far, things just aren't carrying onto the field."

*Jeff Desruisseau,
Condors' head coach*

Richard Watson, a first-year rookie, did get a penalty kick which put Conestoga on the radar shortly into the second half.

Watson thinks that one of the

problems the team is having this year is there is just too many guys that haven't played together.

"We need to pick up some slack, but once we get it, we will become awesome," he said. "We're like a puzzle right now."

Nick Milbury, one of the Condors' hookers, said rugby isn't an individual game.

"If you don't have support than you don't have a lot. Rugby isn't like football," said Milbury.

Head coach, Jeff Desruisseau feels he has a strong team, it just hasn't been showing in the last couple of games.

"We have the most talent here by far, things just aren't carrying onto the field," he said.

Desruisseau thinks the guys haven't been playing as a team and he's only been able to draw on a few key guys.

The team is still confident they can pull together and get the plays they've been doing in practice to translate onto the field.

Conestoga's next game is an away game on Oct. 14 against Fleming College in Lindsay.



(Photo by Peggy O'Neill)
Richard Petan receives the ball for the Conestoga Condors during a game against the Fleming Knights, Oct. 1. The game ended with a 17-3 victory for Fleming.



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